Black Seed 'Strongly Binds' to Spike Protein, Prevents Vascular Damage

Post Modified: Oct 20, 2021 - Published: Jul 4, 2021 By Jacqueline - 0 Comments

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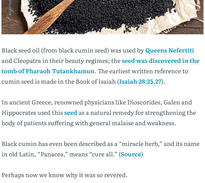

Black seed oil (from black cumin seed) was used by **Queens Nefertiti** and Cleopatra in their beauty regimen; the **seed was discovered in the tomb of Pharaoh Tutankhamun**. The earliest written reference to cumin seed is made in the Book of Isaiah (**Isaiah 28:25,27**).

In ancient Greece, renowned physicians like Dioscorides, Galen and Hippocrates used this **seed** as a natural remedy for strengthening the body of patients suffering with general malaise and weakness.

Black cumin has even been described as a "miracle herb," and its name in old Latin, "Panacea," means "cure all." **(Source)**

Perhaps now we know why it was so revered.

According to June, 2021, research published in the journal **Vascular Pharmacology**:

Nigella sativa, also known as **black seed or black cumin seed, "strongly binds" to ACE2 receptors in the lungs**, and **effectively stops coronavirus (Covid-19) from causing inflammation and vascular damage**.

It's just one of a growing **list of God-given natural plants** that hope for healing and protection in this fear-laced covid era.

Interestingly, **WebMD** says, "There is no good evidence to support using black seed for COVID-19." Granted, they haven't had much time to update their website, however, I've **learned not to trust WebMD**.

Black Seed "strongly binds" to the Spike Protein

Nigellidine, is an indazole alkaloid of the **black cumin seed**.

They found that it "strongly binds" to the spike protein at what is known as the 'hinge region' of the docking site, which, hampers its binding to ACE2 receptor surfaces.

All of this is technical – but bottom line it STOPS the spike protein!

They explain that **black seed** can "restrict vasoturbulence" in patients, while the receptor blocking could help to stop resulting inflammation and vascular impairment, especially helpful to the elderly and the co-morbid.

For the FULL PROTOCOL (including NAC) to protect from transmission from the "V" and to help those who took the "V", **go here**.

Black Seed Modulates Infection & "Cytokine Storm"

In a **related study** that was published May, 2020, in the journal **Europe PMC**, researchers learned that nigellidine in the seeds **possessed certain properties that may inhibit cytokine storms**, in which affected immune systems over-respond and cause more damage, or even death.

Nigellidine is found in the seed coat of Nigella sativa. It's highly bioavailable.

Where to Purchase:

You can **purchase the oil here**. Black seed oil can also be taken in **capsule form**.

Find **whole seed here** or **here**. In whole seed form, if kept room temperature, it **will have long shelf life for emergency use**.

Adds a bit of peppery zest to foods. Use instead of black pepper. Sprinkle on foods like soups, salads, meats, vegetables, or pasta.

Black Cumin Seeds Have at Least 20 Pharmacological Actions Supported by Science:

- **strong antioxidant**
- **anticancer (colon cancer) (bone cancer)**
- **Anti-diabetic**
- **Bronchodilator and antiasthmatic properties**
- **Hepato-protective**
- **Renal protective**
- **Gastro-protective**
- **Immunomodulator**
- anti-hypertensive (lowers B/P)
- **anti-inflammatory**
- **anticonvulsant effects** (helps with seizures)
- metabolic protector
- improves lipid and blood sugar levels
- **Note to women – not for use in pregnancy:** black seed **may have a contraceptive effect**

The conclusion of the study: "Taken together, **Covid patients/elderly-patients, comorbid-patients (with hypertensive/diabetic/cardiac/renal-impairment**, counting >80% of non-survivors) **could be greatly benefited**", thus greatly increasing their risk of complications or death.

Another validating resource: **Compounds Found in Black Cumin Seed and Their Ability to Inhibit COVID-19 Infection**

How To Use Medicinally

Use in the following ways if you should come down with covid or are around those who are vaccinated and transmitting virus or spike proteins.

As Tea Several Times a Day When Exposure is High

(When the threat is lowered, you can use your best judgement when to stop!)

- Place one tablespoon of **black cumin seeds** in a tea strainer
- Pour boiling water over the seeds
- Let steep for about ten minutes and **drink several times a day** when exposed

Other Simple Ideas to ADD in addition to consuming tea when exposure is high.

- **Black cumin seeds** can be added in baking or canning
- Sprinkle black cumin seeds on roasted potatoes, sweet potatoes or scrambled eggs, into bean or lentil soups, or on roasts and meat dishes
- Add Blk seed oil to vinegrettes and healthy salad dressings

For the FULL PROTOCOL (including NAC) to protect from transmission from the "V" and to help those who took the "V", **go here**.

> *"Then God said, "Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you."* –Genesis 1:29

Beat coughs and colds with this free guide!

Medical Disclaimer: I am no longer a practicing medical professional, and I am not doctor. I am a mother. I do seek scientific confirmation of the safety and effectiveness of the herbs and remedies I use. Using remedies is a personal decision. Nothing I say on this blog is intended to treat or prevent disease. Consult your own doctor.

Jacque's Update: Facebook and social media platforms are cracking down on Conservative/holistic health content. And you have complained that you never see our content in your news feeds on social media. **There's only one way to fight back** — and that's by joining my FREE newsletter. **Click here.**

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Hi! I'm Jacqueline!

Thanks for being part of this journey with me.

Welcome to my own little place on the internet! Home is where I love to be. I feel there is no greater place to incubate souls. Those days you'll find me using my experiences here to write about herbal remedies and natural health research — a big passion of mine. But being a wife and mother is not easy. It is challenging and potentially lonely. I get that. I wanted to create a place to connect with and support other moms for creating a natural, healthy, and fulfilling home life.

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